

# WHEN MY HEART IS OVERWHELMED

When our hearts are overwhelmed, we go to the Rock that is higher than we are.

## KEY POINTS

- ❖ Sometimes it's a series of unfortunate events – one after the other. Sometimes it's a particular combination of things. You wish you could find answers to all of it. Or that you could just go away.
- ❖ And where is God? Why doesn't He do something?
- ❖ There's a club of people who have felt feelings like these. People like Moses, David, Elijah, Jeremiah, even Habakkuk. This club has theme songs, like "Nobody knows the trouble I've seen".
- ❖ It's the *Club of the Overwhelmed*.
- ❖ Are you ready to turn the corner? Are you ready for a change? Open the Answer box. Look to God. If you have a good friend, ask them to lead you somewhere – to "the Rock that is higher than" you are (Psalm 61:2).
- ❖ He's bigger than all our problems. Than all our fears, than any mountain that we *can* or *can't* see.
- ❖ Yes, this club has other songs – songs that make the spirit soar.
- ❖ Where are the people whose hearts are overwhelmed?
- ❖ Where do you want to go? Do you want to make your bed in hell, or do you want to fly on the wings of the morning? (See Psalm 139:8b-9a.)
- ❖ Where do we go when our heart is overwhelmed?
- ❖ We go to the Rock!
- ❖ We, as a church, and many individuals are facing situations that can cause our hearts to be overwhelmed. We pray and wait patiently for God to answer in a way that we can recognize as His answer.
- ❖ But do we trust that the Rock is truly a safe haven in the midst of our situations?

**KEY SCRIPTURE:** Psalm 61:1-5

## DISCUSSION/REFLECTION TOOLS

Below, add to the lists given.

1. Scriptures that assure us that God hears:

Psalm 34

2. Scriptures that assure us that God is an able shelter, help and deliverer.

Psalm 61:2  
Proverbs 18:10

3. Situations that can overwhelm the heart, even of righteous people.

-seemingly unending bad news  
-you help people, but no one is ever "available" to help you

4. Pray the scriptures that you wrote "over" the situations you are facing.

**PRAYER TIME**  
Lord, You are my help in every time of need. I run to You, my Rock.

Start-up: How strong do you consider yourself to be, physically? Are you a "weightlifter" or a "weaking"?

**WEEK OF SUNDAY, JUNE 19, 2022**

## NOTES

Meditate as you read through/listen to this week's message. If it helps, use symbols for your notes.

✓ (Reminds me/Confirms) 💡 (New idea) ☁️ (Think about)

! (Do this) ❤️ (Speaks to my heart) ↔️ (Must share)

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## PRAYER NEEDS/THANKSGIVINGS

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Go deeper with your Life Group family.  
CONNECT-REFLECT-DISSECT THE WORD  
Your Life Group ~ Your Lifeline